THE NERVES
AND THEIR NEEDS

The Nature, Symptoms and Treatment of Nervous Disorders

Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills owe their fame to their direct power of making new blood, and enriching the blood that is there already. They are the one medicine that can be relied upon to bring back the appetite and colour, and never do anything but good. Dr. Williams' Pink Pills are trusted by many as the one remedy that does not fail them. For the protection of the public, and to enable purchasers to be certain that they are buying the genuine, each box bears the registered trade-mark as shown on the last cover page of this book.

Dr. Williams' Pink Pills for Pale People are a strengthening medicine. They build up the blood, strengthen the nerves and give energy and vitality to weak, exhausted, discouraged men and women. Their virtues are constantly spread abroad by those whom they have cured, and their cures now encircle the globe.

If you have any difficulty in obtaining Dr. Williams' Pink Pills in your locality, send price, 3s. 0d. per box, post free, direct to the

Dr. Williams' Medicine Co.,
36 Fitzroy Square,
London, W. 1.

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AND THEIR NEEDS

An Explanation of the Tonic Method of Treating Nervous Diseases and of the intimate relation between Pure Blood and Healthy Nerves, together with Proof of Cures by this Treatment.

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Startled by a Shadow

The Victim of Your Nerves.

Deplorable indeed is your condition when you become so nervous that you start at the shadow of yourself.

Lost nerve is not easy to regain. The digestive system becomes inert, you become melancholy and lack driving power.

When your blood has been made rich and red by a course of Dr. Williams' Pink Pills, your nerves become strong and steady and life has a new interest.

All men and women who suffer from weakness, nervous dyspepsia, or nervous exhaustion should, without delay, take

DR. WILLIAMS' PINK PILLS.

THE NERVOUS SYSTEM.

The nervous system is the governing and controlling system of the body. The nerves go to every part of the body, and every form of work that the different organs do is directed by them. Every one of them is almost constantly taking messages of sensation to the brain, or conveying orders of motion to some portion of the body and supplying it with the necessary energy.

Those nerves which convey feeling of hot or cold, painful or pleasant sensations, etc., are called the afferent or sensory nerves, and those by which we are enabled to move different parts of the body are the efferent or motory nerves. These all centre either in the brain or in the spinal column, and are always in pairs—one sensory and one motory.

Thirty-one pairs of nerves issue from the spinal cord, and twelve from the lower part of the brain. At the side and from the back-bone is a double chain of nerve cells (ganglia) which, with the countless nerves extending from it, are known as the sympathetic system ; these nerves connect with the vital parts of the body, the heart, lungs, blood-vessels, etc., and with the spinal and cranial nerves over the body. By means of this, the entire system is united, and the brain with its nervous system is brought into close connection with every portion of the body.

NERVOUS DISEASES.

Nervous diseases are directly due to the failure of the nerves to do their work properly or to some temporary or permanent damage to their structure. As the nerves receive from the blood all of their nourishment to keep up their energy and to repair their waste or damage, the importance of pure, red blood to the health of the nerves is seen at once. The nerves, like all

other tissues of the body, use their stored up energy when at work, and become exhausted if overworked. The blood, when healthy, makes this good, and keeps the nerves strong and well. If, however, the blood is impure, as it frequently becomes through overwork, worry, poor digestion, and many other causes, the nerves fail to receive their full supply of nourishment, and breakdown or disease results. This, briefly stated, is the cause of most nervous disorders.

The tonic treatment with Dr. Williams' Pink Pills marks a distinct advance in the treatment of nervous disorders. It succeeds where others fail, because it is based on the sound medical principle that the health of the nerves depends upon pure, red blood. Dr. Williams' Pink Pills supply the nerves with the vital elements they need. The remedy has performed so many remarkable cures that no sufferer can neglect its use with justice to himself.

ST. VITUS' DANCE.

St. Vitus' Dance may appear at any age, but it is most often met with between the ages of six and fourteen.

The most frequent cause of the disease is poverty of the blood, called by the doctors an anæmic condition. With the blood anæmic, an attack of St. Vitus' Dance is often hastened by fright, grief, long-continued study at school, or rheumatism. The disease is, therefore, a striking example of a nervous trouble that is caused by poor blood, and cured by building up the blood.

St. Vitus' Dance occurs most often in the spring months, between March and July. This is probably because the young sufferers have been confined indoors during the winter without sufficient exercise, and have been under mental strain at school. Under these conditions the blood becomes impoverished, fails to carry

nourishment to the nerves, and the child begins to show listlessness and inattention. Then it becomes restless, and twitching of the muscles and jerking of the limbs and the body follow. There may be intervals when the child will act naturally, but there is a gradual loss of control over movements, and the patient stumbles in walking, spills food and drink, and possesses no firm hold with the hands.

Dr. Williams' Pink Pills cure St. Vitus' Dance, and cure it so thoroughly that no trace of the disease remains. Dr. Williams' Pink Pills should be given as follows :—For children four to six years of age, give one-half of a pill after each meal; and from six to twelve years of age one pill after each meal. Divide the pill with a pen-knife daily as given.

NEURALGIA.

Neuralgia is an irritation or inflammation of the nerves. Pain is the chief and often only symptom, and generally comes on with a feeling of weight or numbness. The pain is stabbing, darting, or burning, and rarely extends the whole length of the nerve. At the point where the pain is present, the skin is often very tender. In many cases the eyesight is affected, in others there is a spasm in the muscles along the diseased nerve. The attacks of the disease follow very closely changes of weather, exposure to cold being the most frequent cause of an attack.

There are a number of causes of Neuralgia, but a general run-down condition of the health is the most common. For this reason it is often associated with or follows anæmia, malaria, colds, influenza, rheumatism, and other weakening diseases. Neuralgia is an unfailing warning that the nervous system is feeble because of nerve starvation. The blood, which in normal health carries to the nerves all of their

nourishment, is unable to perform this duty properly when it is weak and impure.

The proper treatment for Neuralgia is to build up the strength and health of the body. A nourishing diet and tonic will accomplish this, but external applications as liniments cannot. Rest in bed, if possible, is a valuable aid in treatment.

Where Neuralgia is apparently cured, it generally returns unless the general health is restored. Dr. Williams' Pink Pills build up the general health, and at the same time directly strengthen the nervous system. This peculiar property makes them the most valuable tonic for home treatment of Neuralgia.

SCIATICA.

Sciatica is Neuralgia of the sciatic nerve. Its origin is generally rheumatic, and is the direct result of taking cold. For this reason the disease is commonly known as "Sciatic Rheumatism."

Sciatica is one of the most painful diseases. In some cases the pain is knife-like, sharp or shooting; in others, dull and aching.

The treatment of Sciatica being the same as that for Neuralgia, it should be remembered that rest is the best aid to the tonic treatment with Dr. Williams' Pink Pills. Rest and Dr. Williams' Pink Pills will cure most cases.

SICK HEADACHE.

In a majority of cases sick or nervous headache is hereditary. The immediate cause, however, is lack of nutrition of the nerves. This nerve starvation is due to poisonous materials in the blood, because of some run-down condition of the body. When the blood is pure it readily changes these impurities so that the bowels and kidneys can excrete them from the

body But it frequently happens that through grief, worry, digestive disturbances, eye strain, or mental or physical overwork, the blood becomes impure and the health run down. The bowels and kidneys are then unable to help the blood to rid itself of the impurities, and they are carried to every part of the body. The nerves fail to receive their usual nourishment, and in the person who has inherited a tendency to Sick Headaches, the disease is sooner or later certain to develop.

It is plain, then, that permanent relief can be obtained only when the blood has been made pure and the health of the body restored. The blood and nerve tonic treatment with Dr. Williams' Pink Pills purifies the blood and makes it rich and red. Rest, careful dieting, and the avoidance of excitement, are useful aids to the tonic treatment.

NEURASTHENIA OR NERVOUS EXHAUSTION.

Nervous exhaustion early shows itself in the decreased activity of the organs that normally cast out the waste products of the body. The kidneys, skin and bowels are deprived of some of their energy, and a part of the poisonous waste materials, which they readily pass off during health, are turned back into the blood.

The result is plain. The blood filled with impurities is unable to give even its usual amount of nourishment to the nerves, and a general breakdown follows. This is the explanation of the depressed and irritable feeling, pallor, loss of spirits, headaches, shortness of breath, and poor digestion of the nervous sufferer.

The tonic treatment for nervous troubles, by building up the blood and supplying it with added oxygen, burns up and casts off the impurities, and gives to the nerves the elements they need. And in no other way can these

elements be conveyed to the nerves, except through the blood.

The first thing to do in nervous debility is to stop the cause of the trouble, if possible, whether it is irregular living, worry, or whatever it may be. Then the nerves must be given special nourishment and the blood must be kept pure and rich. This is the mission of Dr. Williams' Pink Pills, and this is why the pills have been used with such great success in nervous troubles that did not yield to the ordinary methods of treatment.

INSOMNIA.

Sleeplessness, or insomnia, has always something of disease or undue excitement in it. The excessive use of tea, coffee, tobacco, or any narcotic may bring it on. In such cases, if the patient stop the use of, or use more moderately, those stimulants, he can overcome the trouble. It may also come from dyspepsia, a general run-down condition of the system, from disease, insufficient nutrition, excitement, etc. In these latter cases a medicine that will feed the nerves and build up and purify the weak blood, like Dr. Williams' Pink Pills, is recommended. That this medicine will accomplish a cure in such cases has been proved in thousands of instances.

NERVOUS DYSPEPSIA.

Nervous Dyspepsia, unlike other forms of indigestion, is a disease of the nerves, not of the stomach. It is most frequent in highly emotional or hysterical persons, and is brought on by any mental shock or excess, worry, excessive grief or sudden excitement. Its victims are usually healthy-looking, and have generally reached the age of maturity.

Being a disease of the nerves, it must be treated by strengthening the nerves, and the use

of a good nerve tonic, such as Dr. Williams' Pink Pills, together with a generous and nourishing diet, is the correct home treatment.

Dr. Williams' Pink Pills do not act on the bowels, but they actually make new blood and strengthen the nerves. If you want good health you must have good blood. Bad blood is the root of all common diseases, like Anæmia, Rheumatism, Sciatica, Neuralgia, St. Vitus' Dance, Nervousness, Indigestion, Debility, General Weakness, and the special ailments that only women-folk know. The only way to relieve these diseases is to strike straight at their cause in the blood.

PROOF OF CURES.

The best proof that a remedy will cure is that it has cured. In the following pages are given a few cases of nervous disorders that have been cured by Dr. Williams' Pink Pills. Read them, and if you find a case described similar to your own, you will be justified in giving the pills a trial. Dr. Williams' Pink Pills owe their fame to their direct power of making new blood and enriching the blood that is there already. They are the one medicine that can be relied upon to bring back appetite and colour and never do anything but good. Dr. Williams' Pink Pills are trusted by so many people as the one domestic remedy which does not fail them.

FOR MEN AND WOMEN TOO.

Dr. Williams' Pink Pills are in every way as valuable to men as to women, for they possess the unique power of making rich good blood in abundance; they fill the starved veins with nourishment, so that new energy is carried to every part of the enfeebled system, and in giving this rich, red blood of health, they attack the very source of a great number of diseases.

WORRY IS A DISEASE.

The disorder which causes its victims to worry, whether they have anything to worry about or not, is neurasthenia. Neurasthenia often results from some nervous shock, such as the loss of a near relative, business reverses, or some severe over-strain on the nervous system. The patient is usually pale, showing that the blood is thin, and the first thing to do is to build up the blood.

Dr. Williams' Pink Pills are an ideal tonic for this condition, because they contain no harmful drugs. These pills have cured some really serious cases of nervous exhaustion, among them being that of Mrs. C. Morton, of 57, Westward Street, Middlesbrough, who recently stated :—

" Three years ago I suffered a great shock by the sudden death of my mother. My nerves were seriously affected. I had severe headaches, and was subject to fits of depression. I was frightened at my own shadow, and a knock at the door would startle me.

" I was in this highly nervous state for a long time, and began to think I should never get better, when I was recommended to try Dr. Williams' Pink Pills. Soon after commencing them there was an improvement. I enjoyed my food more, and felt brighter.

" I kept on with the pills and my nerves grew steady : the depression and headaches left me, and I am now in better health than I have been for years."

Mrs. Morton's daughter-in-law said " Owing to shattered nerves as the result of air raids, and anxiety for my husband in France, I got completely run-down, and became so weak that I had to take to my bed. Doctors' medicines did not do me good. Then I commenced Dr. Williams' Pink Pills, and they soon made me fit and strong."

BANKRUPT NERVES.

Each of us has a certain supply of nervous energy. Every act, even every thought, uses up some part of this energy. Your nervous energy is like a bank account. If you use it up faster than you add to it you overdraw your account.

The blood can be built up so that it will increase the supply of needed elements to the wasted nerves, and this is the only way that the nerves can be reached. Dr. Williams' Pink Pills build up the nerves, because they supply to the blood the elements the nerves need.

Read the experience of Mrs. E. Bentley, of 133, Victoria Terrace, Fagley Road, Bradford.

"I don't think any woman could have suffered more than I did," said Mrs. Bentley, "for, candidly, my life was scarcely worth living. My illness started with a feeling of debility and acute pains in my head and teeth.

"I consulted a doctor, and was told that my poor blood was simply starving my nerves. Medicine did me no good, and I rapidly grew worse. I could not eat my meals, and hated the sight of food. I grew so depressed that I could not bear the thought of company.

"I began then to suffer with acute pains all over me. It was just as if my nerves were on the rack, and from head to foot I was tortured with pains.

"I remembered that a girl I knew years ago had been cured by Dr. Williams' Pink Pills, and I decided to give them a trial.

"I had not finished one box of the pills before I found an improvement. I felt better and brighter, and my nerves were steadier.

"Gradually the pains began to leave my head and face, and as I took further supplies of the pills, my health improved wonderfully. I soon was completely well, and the praise is entirely due to Dr. Williams' Pink Pills."

EXHAUSTED BY NERVOUS HEADACHES.

One of the most characteristic symptoms of nervous exhaustion is a continual headache. Nothing brings relief—rest seems to accentuate rather than relieve it, for the nerve-racked sufferer usually wakes in the morning feeling worse than when going to bed the night before. Throb, throb, throb, so it goes on day in and day out, like the ceaseless thrust of an engine.

"About eighteen months ago," stated Miss Dorothy Gibbs, of 121-123, Fitzroy Street, Cambridge, recently, "I had a nervous breakdown. I began to suffer with severe nervous headaches, from which I could gain no relief. I lost all energy, and seemed to have no strength.

"I was frequently seized with attacks of dizziness, which would leave me weak and trembling. I had no appetite. I became weak and thin. I was thoroughly run-down, and had lost all my colour.

"I consulted doctors and tried all kinds of remedies without any good resulting. The headaches were so persistent that I was advised to have my eyes tested. I had this done on two separate occasions, but was told that it was my nerves that were wrong, not my sight. I was utterly wretched and depressed, and the continual headaches made my life a burden.

"Then mother advised me to try Dr. Williams' Pink Pills. What a difference they soon made! I had not been taking the pills long before I gained some relief. The pains in the head grew less severe, and I began to take some interest in things.

"I continued with the pills, and soon found my appetite returning. The colour came back to my cheeks, my spirits revived, and I grew quite cheerful. The dizziness and headaches now seem to have left me altogether, and I feel as well as ever I did."

NERVOUS DEPRESSION AFTER INFLUENZA.

The depression which follows an attack of influenza is probably one of the most distressing features of the illness. Imaginary troubles assail the patient, and ordinary every-day worries assume the proportions of tragedies. The real trouble lies with the poorness of the blood, which re-acts upon the nerves and causes the terrible depression.

New strength with new vitality and steady nerves are recoverable after Influenza only by making the blood pure and red. This is readily accomplished by Dr. Williams' Pink Pills, which by their power of renewing the blood, have cured many cases of Influenza's after-effects.

A remarkable statement confirming the efficacy of Dr. Williams' Pink Pills was recently made by Mrs. J. T. McKetterick, of 63, Castlereagh Street, New Silksworth, Sunderland.

"Two years ago I contracted influenza," said Mrs. McKetterick. "This was followed by pneumonia, and my health seemed to be completely wrecked in consequence. For nine months afterwards I was too ill to do anything. Doctors and specialists were consulted, but their medicines seemed to do no good.

"Fainting fits often seized me and I had a pain in my side. I lost all heart, and grew so depressed that I would often sit and cry over my weak state.

"Then Dr. Williams' Pink Pills were recommended to me, and soon after commencing the pills I began to pick up, and by the time I had taken three boxes there was a considerable improvement. I continued with the pills and gained fresh strength every day. Now I am well and strong and can do my work with ease. Dr. Williams' Pink Pills have effected a marvellous change in me, and I have only them to thank for my present good health."

GOOD NEWS FOR NEURASTHENICS.

The general cause of Neurasthenia is an excessive expenditure of nervous energy without proper rest. Among the exciting causes are worry, overwork accompanied by anxiety, overstudy, lack of proper food and exercise. Neurasthenia is generally accompanied by headache, a sense of weakness in arms and legs, depression of spirits, a sense of fear about imaginary things.

Any news of the successful treatment of neurasthenia is good news for victims of the disease, and they will read with interest the following interview with Miss E. Parkinson, of 33, Station Road, March, Cambs.

"It was in January of this year when my troubles started," said Miss E. Parkinson. "I began to have headaches, and was attacked by weakness. I thought it would soon pass off, but instead of that things got worse; I got listless; I was fagged, dizzy and tired. I used to drop down in a faint anywhere. Whenever anyone spoke to me I would burst into tears.

"Work was out of the question. I did not know what was the matter, and it worried me. I consulted a doctor, and he told me my nerves were very bad and that I was on the verge of consumption. I had several bottles of medicine from him, and tried all sorts of things, but none of them did me any good; I was as ill and miserable as ever.

"Then one day a lady advised me to try Dr. Williams' Pink Pills. The first box seemed to ease me a lot, and I was so delighted that I continued with the pills. My appetite improved, I felt more energetic, and my strength increased day by day. I never have a headache now, in fact I am an entirely different girl. Instead of sunken cheeks and dull eyes, I am getting much fatter, am happy and bright, and work seems no trouble at all."

NEURALGIA'S AGONIES.

Although generally regarded as one of the minor ailments, neuralgia is without doubt one of the most painful troubles which afflict mankind. And in its most severe form it reduces the sufferer to a state of mental collapse.

The efficacy of Dr. Williams' Pink Pills in curing neuralgia in its severest and cruellest form has been strikingly illustrated in the case of Mrs. H. Beamond, who resides at 5, Walton Cottage, about a mile outside the famous and historic town of Much Wenlock, Shropshire.

"For some years," she said, "I suffered agonies with neuralgia, and I hardly knew what it was to be free from pain. I was in a very low state, and my health seemed to fall all to pieces. I had no appetite, and could eat nothing. I became a victim to sleeplessness and any little exertion would make me perspire and bring on palpitation. I had to give up cycling, for riding was out of the question. Last July I became so ill that I had to take to my bed. I called in a doctor, who said I had neuralgia. He doctored me for some time, but I felt no better. I also tried all sorts of remedies, and even went away for a brace up, but all to no purpose. Instead of getting better, I became worse. I was too nervous to go out, and was even soon afraid of my own shadow.

"One day I read a case like mine which had been cured by Dr. Williams' Pink Pills. That very same day I purchased a box of the pills, and before I had finished the first box I felt better. I continued with the pills, and was soon a different woman. I could eat and talk with anyone, and I began to feel that I had gained a new lease of life. I can tell you that Dr. Williams' Pink Pills have effected a wonderful cure for me."

Don't forget that Dr. Williams' Pink Pills are FOR MEN AND WOMEN TOO.

THE BREAKING POINT.

When persons of either sex begin to hesitate in speaking, cannot "collect their thoughts," when they find their ideas are often confused, when excitement throws them off their mental balance, then, says the doctor, here is a case bordering on neurasthenia.

It is a fact that most nervous disorders are due to impure thin blood. The starved nerves are not able to meet the strain on them. Only new pure blood can dispel neurasthenia. This good red blood is created in abundance by Dr. Williams' Pink Pills.

Read the case of Mr. William Ash, a signalman, whose home is at 1, Bromley Bridge, Pensnett, Dudley.

"Three years or so ago," Mr. Ash began, "I first felt a weakening of my nerve power. I lost confidence in myself and in my work. Try as I would I could not shake myself of it, and the more it developed the greater I worried. I was always weary, and the slightest effort was a fatigue.

"I was examined by a specialist in London. At his suggestion I had all my teeth extracted, and also took to wearing spectacles. Not much improvement was noticeable even after all this, and I got absolutely tired of all the worry and uncertainty.

"Then one lucky day I read in the papers about a man who had been cured of a similar sort of nerve trouble by Dr. Williams' Pink Pills, and I resolved to give them a trial. So I started, and only two boxes were necessary to convince me that my nerve power was returning. Confidence quickly re-established itself, and with every pill I took I felt I was building up a new reserve of nerve. Now I feel a new man; I am absolutely free from worry, and my old confidence in myself has been completely restored."

NEURITIS AND RHEUMATISM.

Among the most painful afflictions of mankind must be placed neuritis and rheumatism. The usual methods of treating these troubles are seldom successful, and sufferers should heed the experience of Mrs. E. A. Talbott, of Tunstall Grange, near Newport, Salop.

"I had a severe illness in December, 1918," she said, "influenza followed by pneumonia; and the after-effects of these, coupled with the worries of my household, brought about a complete breakdown. My appetite disappeared entirely, and my stomach revolted at the very thought of food, for indigestion tortured me after the lightest of meals.

"I fell away to a mere skeleton. Month succeeded month, and I was almost brought to the brink of the grave. Rheumatism racked my bones; my nerves became affected, and neuritis in its worst form seized hold of me. My head itself was pierced with terrible pains, so that I almost imagined it must split. These agonies well-nigh drove me wild. I spent pounds on doctors' medicines and chemists' prescriptions, but all were of no avail.

"One day my husband read of the marvellous cures effected by Dr. Williams' Pink Pills, and I decided to try them. Before I had finished the first box of the pills I began to experience relief. I persevered, and my appetite improved and my strength returned. I no longer suffered from indigestion, and in time the rheumatism left me, my nerves grew steady, and now, thanks to Dr. Williams' Pink Pills, I am a new woman."

Dr. Williams' Pink Pills have effected many thousands of cures like the instances described in this book, also Indigestion, Anæmia, Lumbago, After-effects of Influenza, and General Debility.

FOR MEN AND WOMEN TOO.

PEOPLE "ALL NERVES."

The sort of thing that specialists speak of as nervous debility is the run-down condition caused by overwork and the many anxieties of to-day. The sufferers find themselves tired, morose, and low-spirited, and unable to keep their minds on anything.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of new rich blood. Therefore, the treatment for neurasthenia, nervousness, and run-down health is Dr. Williams' Pink Pills, which make rich red blood.

Read the experience of Mr. J. W. Mills, of 5, Deepdale Lane, Upper Gornal, near Dudley.

"Some time ago," he said, "everything became a trouble and a burden to me. I was fatigued by the walk to work in the morning, and when I reached there I was fit for nothing. I struggled through the day as best I could, but all the time my head, eyes and back ached.

"My head trouble, and the great difficulty I experienced in concentrating on anything, made life a burden. I derived no benefit from the medicine which the doctor provided, nor from other remedies which I tried.

"Then I read an article in the newspaper about Dr. Williams' Pink Pills, and resolved to give them a trial. The first few pills I took arrested the development of the physical and mental inertia from which I was suffering, and I soon knew that I was on the right track.

"I persevered with the pills, and my physical weariness was soon dispelled. It is no longer a fatigue to get to my work, nor is it a trial to do the heavy jobs that come my way. In fact, I feel that I have taken on a fresh lease of life, and I am like a new man. I sleep better, eat much more heartily, and in every way feel stronger. I am quite sure that I owe everything to Dr. Williams' Pink Pills."

WHEN CHILDREN GROW PALE AND NERVOUS.

Listlessness and disinclination for exercise, little or no appetite, and gradual loss of weight in a growing girl are signs that should cause uneasiness to any mother who seriously regards her child's well-being, for they may be but the prelude to a breakdown in health. Wise mothers, when signs of this sort appear, will follow the example of Mrs. Hallam, of 227, Campbell Road, Stoke-on-Trent, who recently related the circumstances of her daughter's remarkable cure.

"It was in the beginning of 1918," Mrs. Hallam said, "that Edna was taken ill, and she gradually drifted to such a low state of health that we thought she would go into a decline. She was so languid, she did not seem able to take interest in anything. She was depressed, complained repeatedly of bad headaches, and also developed a bad cough. Gradually she lost flesh, until she became almost like a skeleton, and we were nearly worried to death about her.

"We took her to the doctor, but his medicine did not seem to make any improvement. Then, luckily, I read in the paper how a girl who was ailing like Edna was cured by taking Dr. Williams' Pink Pills, and we decided to try them. She commenced taking the pills, and at the end of the third week she had improved wonderfully. She was eating better, and started gaining flesh, and her cough began to disappear.

"She continued with the pills until she lost all traces of the trouble, and although that was nearly three years ago, there has not been the slightest suspicion of a recurrence. Everyone says what a big, bonny girl she is.

"I have recommended the pills to several people who have asked me what worked such an improvement in Edna, knowing how ill she had been," added Mrs. Hallam.

WHEN NERVES ARE NEAR EXHAUSTION.

When you become so exhausted after a day's work that you cannot sleep, or sleep fails to refresh you, it is time to look after your health. Do not wait for a breakdown. The treatment is one of nutrition of nerve cells, as the nerves have to be nourished by the blood the vital fluid must be built up. Dr. Williams' Pink Pills act directly on the blood, and have proved of the greatest benefit in nervous troubles.

Mrs. Frank Box, of 11, Leicester Square, Soundwell, Bristol, recently said :—

"My troubles started some five years ago. I was very much run-down consequent on a nervous breakdown, and suffered acutely from anæmia. I was in agonies all the time, the pains in my back and stomach being particularly severe. Of sleep I had practically none, my appetite was completely gone, and work was an absolute burden. The colour faded from my cheeks, and I lost considerable flesh. For a period of two months I visited a physician several times a week. But all to no purpose, and my hopes began to fail.

"I then remembered that before marriage Dr. Williams' Pink Pills had proved beneficial to me, and I decided to again take a course. That was some twelve months ago, and after taking the first box I noticed the benefit. From that time improvement was steady, and now I feel remarkably fit. And eat? I cannot satisfy my appetite now. It's a real treat to be able to relish my meals. I sleep well, and with a return of energy am equal to carrying out my many domestic duties.

"My daughter Nancy has also taken the pills with good effect, while my husband has found them beneficial as well. I cannot speak too highly of Dr. Williams' Pink Pills—they worked wonders in my case."

THE DISORDER OF THE DAY: NERVOUS DYSPEPSIA.

Victims of Nervous Dyspepsia are to be reckoned by tens of thousands, and there are probably very few nervous troubles which inflict more serious mental and physical torture. Unfortunately, many waste precious time and aggravate the malady tinkering with purgatives. The proper course is to give yourself new rich blood by taking a course of Dr. Williams' Pink Pills. They are famous as blood-makers, and as they enrich your blood so you will find your digestive troubles vanishing.

In an interview, Mrs. E. Almond, of 20, Haydock Street, Earlstown, Lancs., said:

"Everything I ate used to give me terrible pain, and the coming of meal-times was more dreaded than looked forward to." Mrs. Almond said that her illness became chronic—a doctor diagonised it as chronic dyspepsia—and she could not rest at night, but was liable to be seized with terrible pains, whilst in the daytime she was taken with fainting fits. "I took several bottles of medicine," said Mrs. Almond, "but they failed to cure me, and I was becoming very depressed. Then my mother, having herself found Dr. Williams' Pink Pills very beneficial, advised me to try them.

"After taking the first box of pills there was such an improvement that I had no hesitation in continuing the treatment. I made wonderful progress, and now I am like a new woman, and can eat anything without any ill effects at all. In fact, I look forward to and enjoy every meal of the day. My fainting fits which were formerly very numerous, are now a thing of the past.

"I owe a great deal to Dr. Williams' Pink Pills, and cannot speak too highly of them, for they have wrought a wonderful cure in my case."

THE WAY TO BE WELL.

There are plenty of men and women who, every few weeks, have spells of weakness and suffering, during which they are little better than miserable invalids ; yet at other times they feel very well. The only real health is all-the-year-round health ; and the secret of it is good rich blood. The one way to make this new blood is to take Dr. Williams' Pink Pills.

Two striking instances in one Yarmouth household of the beneficial effects of Dr. Williams' Pink Pills were recently investigated. Interviewed at her home, 65, Victoria Road, Great Yarmouth, Miss Evelyn Crowe stated :

" Some years ago my mother was a martyr to neuralgia. She suffered agonies, and at times was driven nearly crazy with it. She tried many remedies, but could get no relief. Then she read of Dr. Williams' Pink Pills, and decided to try them. Soon after commencing the pills, the pains began to get easier, and by the time she had taken three boxes the neuralgia had vanished altogether.

" It was only natural, then, that when I became run-down and anæmic a little while ago, my mother should recommend me to try Dr. Williams' Pink Pills. I had been in a poor way for a long time, and seemed to have no life in me. My appetite was poor, and I got quite thin. All the colour left my face, and I used to envy other girls their colour. But all that is altered now, for after I had taken Dr. Williams' Pink Pills a week or two my appetite improved, and I began to take an interest in life.

" I persevered with the pills, and the improvement continued until now I am quite well. The colour has returned to my face ; I sleep much better, and feel bright and cheerful. Dr. Williams' Pink Pills make one glad to be alive," concluded Miss Crowe.

The MEANING of NEURASTHENIA.

The present high tension of life is productive of a form of Nervous Debility called Neurasthenia, which is characterised by worry, irritability, over-sensitiveness, and severe headaches. This Neurasthenia means that the patient has lost the power to recover and store up energy.

The proper treatment is one of nutrition of the nerve cells, requiring a true tonic, not a stimulant. As the nerves rely for nourishment upon the blood, any treatment must be directed towards building up the blood. And because Dr. Williams' Pink Pills act directly on the blood, they have proved of the greatest benefit in many cases of Neurasthenia.

Read the case of Mr. C. W. Peck, of 12, Nelson Terrace, Carlton Road, Pakefield, Lowestoft: "In November, 1919," said Mr. Peck, "I had a nervous breakdown and was compelled to give up my work.

"My head at times seemed to be quite numb, and at other times it was full of pain. I lost my appetite, and could not sleep at night. Indeed, some nights I would walk about for hours racked with pain.

"I consulted doctors, but their medicines seemed to afford no relief. What with sleepless nights and days of misery and pain, I thought I should go crazy.

"Then I happened to read about Dr. Williams' Pink Pills, and remembered that as a boy they had cured me of St. Vitus Dance, so I decided to give them another trial.

"I had hardly finished the first box before I found relief, and as I continued, I felt my appetite returning. The pains in my head became easier, and I began to get better nights.

"Now I am a king to what I was, and am quite fit and ready for work again. My recovery was nothing less than marvellous, and I shall never tire of praising Dr. Williams' Pink Pills."

WOMEN WITH SHAKY NERVES.

Any woman who is irritable, nervous, depressed, dissatisfied and overtired should face the facts in her own case and see where she is drifting.

If you are like this your nerves are to blame. As the nerves depend for their nourishment upon the blood, the treatment must be directed towards building up the blood, and Dr. Williams' Pink Pills act directly on the blood.

Miss Doris Scales, residing at 2, Walter View, Richmond Hill, Leeds, recently said :

" About the end of 1918 I was laid up with a very bad attack of the ' flu.' Instead of picking up my strength when I got up again, I could not make any headway at all. Then about nine months ago I had a nervous breakdown.

" I used to cry for no reason at all, and often used to wear myself out with these distressing fits of weeping. The doctor ordered me to stop in bed, and there I stayed for 13 weeks, miserable and ill.

" I had no appetite, and many times sent my meals away untouched. Acute headaches added to my torture, and I used to turn dizzy and faint. Every scrap of colour left my face, and I looked worried and worn. I had the best possible doctoring and nursing, but I got very little better. The doctor said Iwas suffering from anæmia and nervous breakdown.

" Then I was recommended to try Dr. Williams' Pink Pills, and from the first box I knew I was on the right road. Gradually my appetite returned, and my strength came back.

" I was soon able to sit up, and I began to take an interest in things again. Steadily persevering with the pills, I found my nerves were growing steady and firm. I kept on with the pills, and I can truthfully say that my cure is now complete, and that it was entirely due to Dr. Williams' Pink Pills."

MEN WHO FEEL WEAK.

Debility is not only distressing to the individual, but it is a loss. If your blood is thin and your head aches, if your digestion is weak and your nerves unsteady, you cannot work well. True efficiency consists in building up your general health so that you again find pleasure in work.

Mr. Cecil Thornton, of 70, Carleton Street, Nelson, recently stated :—

"Immediately before I came home, last December, from over five years in India, I was nearly four months in hospital with acute malaria. After demobilisation, I felt very weak and run-down. In fact," he confessed, "I was no use for anything. I lost my appetite, and was persistently troubled with stabbing pains in the small of my back. My head felt very heavy, and I suffered terribly from weariness and lassitude. Any kind of employment was out of the question. Utterly miserable, I shunned company, and when I became worse and was confined to bed I tried several widely advertised medicines without success."

In further remarks, he said that his sister and mother had just commenced taking Dr. Williams' Pink Pills at the time, and he himself decided to try them as a last resource. "They picked me up marvellously," he enthusiastically declared, "and within a fortnight I experienced great relief. I regained my usual hearty appetite and the pains in my back no longer troubled me. I continued to take the pills for a time, and was soon completely restored to health. To-day I feel as fit as any man.

"During the nine months since the cure was effected, although I have followed the occupation of a yarn doubler in a cotton mill in a very hot temperature, I have not had a recurrence of any symptoms of malaria."

FOR MEN AND WOMEN TOO.

ON VERGE OF BREAKDOWN.

Many women give so much time to the care of others that they neglect their own health and sometimes reach the verge of a breakdown before they realise that their health is shattered. If these unselfish women would give a thought to themselves they would see that the weak, thin blood so apparent in their pallor and increasing nervousness is the cause of most of their trouble.

Dr. Williams' Pink Pills enrich the blood so that renewed energy is carried to every part of the body. When the blood is rich and abundant the nerves gain strength and the entire system gains vigour.

Miss Grace E. Herring, of 32, Borland Road, Peckham Rye, London, S.E. 15, recently stated :

"Some three years ago I had a serious nervous breakdown, and for nearly six months I was completely helpless. I consulted a doctor, but his medicine seemed to do me no good. At last he advised me to go back to my home in Folkestone. I was then in a state of collapse, my nerves being completely shattered. At Folkestone I was attended by another doctor, but still got no better, and I really felt that I was going to die.

"I tried various remedies for nervous disorders, but none did me the slightest bit of good. Then a friend recommended Dr. Williams' Pink Pills, and almost in desperation I decided to try them. After taking a few of the pills I began to feel something was 'lifting,' and when the first box had gone I realised that the pills were doing me good. The improvement became so marked that all my friends commented on it. I noticed that 'nervy' feeling was fast disappearing, and, continuing the treatment, I eventually became my old self again. Since then my nerves have been splendid, and I feel that I can do a hard day's work with anyone."

TOO TIRED TO SLEEP.

Many people are unable to sleep because they are too tired. They have driven themselves so hard for so long that they are on the verge of a nervous breakdown.

The first thing to realise in seeking relief from insomnia is that it is not a disease in itself—it is merely a symptom. The remedy is to build up the blood. That is why Dr. Williams' Pink Pills have proved successful in so many cases of nerve exhaustion.

Read the experience of Mrs. Binks, of 12 Nelson Street, Hull.

"My late husband was reported missing on July 14th, 1918," said Mrs. Binks, "and for fourteen months I was kept in suspense as to his fate, hope and fear alternating, until I lost my nerve. My sleep, broken at first, left me completely, and night after night I lay wide awake. I became so ill that I consulted a doctor, and he gave me medicine, and some tablets to make me sleep. Overtaken by palpitation and faintness, my condition became worse, and it was impossible for me to do my house work. I lost all interest in life, and became weary of my existence.

"My nervousness affected both my eyesight and memory. I suffered very severe pains in the head, and my dizziness increased. I lost over a stone in weight; I had no appetite, and ate very little.

"Then a friend recommended Dr. Williams' Pink Pills, and I was induced to give them a trial. The improvement was almost immediate, and I did not need any persuasion to continue the treatment. My appetite returned I was able to sleep well at nights, my nervousness and palpitation disappeared, and I was free from pain. After a little while I could do my own housework, and now I have completely regained my health."

TOO MUCH ANXIETY.

The sort of thing which specialists speak of as nervous debility is the run-down condition that follows overwork, and the many anxieties that people have to face. The sufferers find themselves tired, morose, and low-spirited, and unable to keep their minds on anything.

The only real nerve tonic is a good supply of new rich blood. Therefore, the treatment for Neurasthenia, nervousness, and run-down health is Dr. Williams' Pink Pills, which make rich red blood.

Read the experience of Mr. J. H. Smith, a well-known manufacturer's agent, of Manchester, who resides at "Hampton House,' 14, Burlington Road, South Shore, Blackpool.

"It was pressure of work that caused my nervous breakdown," explained Mr. Smith. "I was completely run-down, my nerves were over-wrought, and I had a feeling of utter exhaustion. The mental concentration I had hitherto given to my business affairs was now a matter of extreme difficulty.

"I was advised to take up residence at Blackpool, in the hope that the ozone from the sea would restore me, and certainly some good effects resulted, but my health was by no means what it should have been.

"I had taken Dr. Williams' Pink Pills some years before with good effect, and finding that the sea air did not do all that was necessary, I resumed the pills, and immediately felt their beneficial effects. To put the matter briefly, they made an entirely new man of me, and I was able to go through the exertions of the day without the slightest trouble. Dr. Williams' Pink Pills seemed as if by magic to create new life, new energy and new enthusiasm, and I am now as mentally alert and in as good physical condition as ever."

MOTHERS WHOSE NERVES BREAK DOWN.

If your hand, your thumb, or foot trembles when you try to hold it still, if your writing is shaky, if you have tremors of your lips or chin, your nerves need strengthening.

There is no tonic for the nerves that is not a tonic for every other part of the body. The remedy, therefore, for Nervous Breakdown is Dr. Williams' Pink Pills, for they revitalize the blood and enable it to carry to the starved nerves the elements they need.

Read the case of Mrs. A. Kirby, living at 27, Binsteed Road, Buckland, Portsmouth.

"I have been troubled with anæmia and nervousness all my married life, but especially after my last baby was born. From then I seemed unable to pick up again. Doctors attended me, but I did not improve in health.

"Last autumn a neighbour was nearly knocked down in the street with my baby in her arms. The shock upset me a good deal, and the day after I collapsed while out shopping, and had to be assisted home. For three months I was treated at the hospital. They forbade me to eat meat or take stimulants I could not enjoy my meals, and soon became terribly thin.

"Pains in the head were frequent, and these caused sleeplessness and depression. The pains seemed to affect my back and spine also. These attacks occurred two or three times a week. All power seemed to leave my limbs.

"I first heard of Dr. Williams' Pink Pills through a neighbour who had received great benefit from them. After I had taken three boxes the change in me was apparent. My rest became less broken, and I slept soundly.

"The sensations of giddiness disappeared as I persevered with the pills, and I gained more confidence. I have always been nervous, but am now better in every way."

A LIVING TELEGRAPH !

Every human being carries a living telegraph about with him. The wires are tiny threads running into every nook and crevice of the body. The instrument that receives messages is the brain. The battery that feeds the nerves is the heart, and it is charged with blood. The beating of the heart sends blood coursing through the arteries. The blood picks up food through the walls of the stomach, and feeds the nerves, muscles, and tissues.

Here is where trouble begins. If the blood is poor, pale and thin, it cannot feed the body. Then we grow pale, sallow and anæmic, and the nerves suffer. Feed the blood and all will be well again. Dr. Williams' Pink Pills are the blood-food that will do this. Note this case :—

Miss Jane Gregson, of 129, Acregate Lane, Preston, recently stated : " Two years ago I had a great shock, for my mother collapsed one day and died very suddenly. That caused me to have a nervous breakdown, and my condition was aggravated by an attack of influenza soon afterwards.

" I was reduced to a very low state of health, constantly crying and in low spirits. To make matters worse, I was attacked by rheumatism, and suffered excruciating pains in the head. I was completely prostrated ; my nights were fitful and disturbed. My nerves were in such a state that I thought I should never get better.

" Then Dr. Williams' Pink Pills were recommended to me, and I got a box. From the very start I could feel that the pills were doing me good. I gradually lost the nervous feelings and became brighter and more vigorous.

" As I persevered with these pills, I continued to make progress, and before long I was quite my old self again, and all signs of nervous depression and rheumatism disappeared "

THE NERVOUS AGE.

Has the reader noticed how nervous people have become nowadays? A well-known physician says that half the patients who come to him in these times are nerve starved.

The right way to treat starved nerves is to look to the blood, for a healthy, well-nourished blood-stream feeds the nerves, quickly restoring lost vitality and bringing the mind up to its old power. Dr. Williams' Pink Pills owe their wonderful reputation to this power of making new blood—the only thing that will make healthy nerves.

Interviewed recently at her home, Cecil House, Ruskin Road, Stanford-le-Hope, Essex, Miss R. Petherick stated :—

"For years I never knew what it was to feel well. Severe headaches troubled me constantly, and I would frequently come over dizzy and tremble from head to foot. I could not keep a limb still at such times. I had very bad nights, for sleep was almost a stranger.

"I tried many remedies, but nothing did me any permanent good. Life was nothing but a burden. This state of affairs went on for a long time, until eventually I had a complete collapse. The doctors said that I was suffering from neurasthenia brought on by acute anæmia.

"My mother was much alarmed at my health, and decided to give me a course of Dr. Williams' Pink Pills. In three or four weeks I began to notice a difference. My appetite improved, and I felt brighter. As I persevered with the pills I continued to make progress. I slept better, headaches no longer troubled me ; and I began to take an interest in life. I have never felt so well in my life as I do now. All traces of anæmia and nervous debility have disappeared, and I am thankful to Dr Williams' Pink Pills for giving me such splendid health; I think they are wonderful."

PINKETTES

The Ideal Laxative.

THESE tiny laxative pills were introduced to meet a demand for a gentle laxative to be used, when necessary, in connection with Dr. Williams' Pink Pills, which, as a blood and nerve Tonic, have no laxative action. It was quickly seen that PINKETTES had a broad application of usefulness from the fact that they act in harmony with any non-purgative remedy, and that they are an ideal family laxative, gentle in their action, free from any habit-creating tendency, a valuable liver regulator, and, in the larger doses, an effective purgative.

In the treatment of any disease it is a matter of the first importance that the bowels should regularly perform their function of carrying off the poisonous waste materials. No progress toward recovery can be made until this is established, and in any condition of ill-health in which constipation is present, PINKETTES should be taken to move the bowels.

As a household remedy for both sexes from childhood to old age, PINKETTES are unhesitatingly recommended for the following:

Constipation	**Offensive Breath**	**Biliousness**
Sick Headache	**Torpid Liver**	**and for the**
Nausea	**Bad Taste in the Mouth**	**Complexion**

If your dealer has no supply of PINKETTES in stock, do not make shift with something else, but send at once to the

Dr. WILLIAMS' MEDICINE COMPANY,
36, Fitzroy Square, London, W. 1.,

enclosing 1s. 3d. PINKETTES will then be forwarded promptly. (No charge for postage.)

Look for the Trade Mark.

After reading the accounts of cures which Dr. Williams' Pink Pills have effected, we hope for your own sake that you have decided to give the remedy a trial. If so, we want to add a word of warning to be sure that you get the genuine Pills. To make this easy for you we have an absolute rule that none of the Pills are to be issued from our premises except in packages bearing our trade-mark.

Dr. Williams' Pink Pills have many thousands of cures to their credit. We publish them and anyone may investigate them.

It should always be borne in mind that these Pills are never sold in loose form or in bulk by the dozen or hundred, but always in packages bearing the trade-mark shown on the back of this cover. The genuine Pills will be sent to any address promptly on receipt of price :—

3s. 0d. per box, post free.

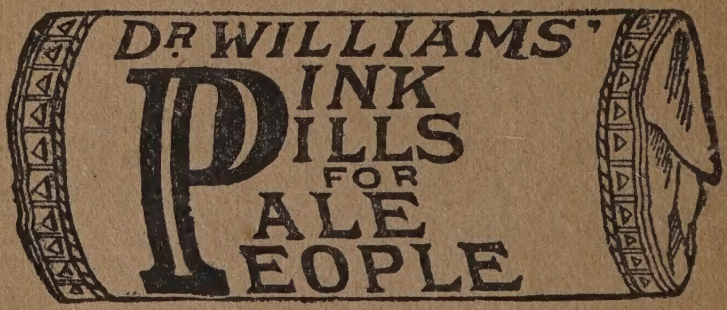
BY THE

Dr. Williams' Medicine Co.,

36 Fitzroy Square,

London, W. 1.

Look for this Trade Mark
on every package.



The Letters are in Red
on a Background of Pink.

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are not sold in any other
form of Package.